

DINNER

# Sephardic Beef Stew

6 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 6      | \$2.41      | 280 kcal |

Sephardic Beef Stew is a main course that serves 6. One serving contains 280 calories, 20g of protein, and 4g of fat. For \$2.41 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals. 1 person were impressed by this recipe. It is brought to you by My Recipes.

## Ingredients

- ☐ ¼ cup whole dried apricots, halved

☐ ½ teaspoon freshly ground black pepper

☐ ½ cup chopped celery

☐ 1 cup whole pitted dates, halved

☐ 2½ cups fat-free, less-sodium chicken broth

☐ 2 garlic cloves, minced

☐ ½ teaspoon olive oil

☐ ½ teaspoon salt

☐ ½ cup water
- ☐ 8 ounce large baking potato, peeled and chopped

☐ 2 cups chopped carrot

☐ 1 tablespoon cornstarch

☐ ½ cup dry white wine

☐ 1 teaspoon minced peeled fresh ginger

☐ ½ teaspoon ground red pepper

☐ 1½ cups chopped onion

☐ 1 pound sirloin, trimmed and cut into (1 1/2-inch) cubes  
cut into 1 1/2-inch cubes

EQUIPMENT Frying pan, Oven, Dutch oven

## Method

- 1 Preheat oven to 35
- 2 Heat oil in a large Dutch oven over medium-high heat.
- 3 Add onion, celery, salt, and peppers to pan; saut 6 minutes or until onion is tender.
- 4 Combine cornstarch and beef, tossing well to coat.
- 5 Add beef mixture to pan; cook 5 minutes, browning on all sides. Stir in white wine, scraping pan to loosen browned bits. Stir in the broth, water, ginger, and garlic; bring to a boil.
- 6 Remove from heat; cover and place in oven. Cook at 350 for 1 hour.
- 7 Stir in carrot, dates, apricots, and potato. Return to oven. Cover and bake at 350 for 1 hour. Stir well; cover and bake an additional 30 minutes or until beef is tender.

### Nutrition per serving

280

KCAL

20 g

PROTEIN

4 g

FAT

39 g

CARBS

Saturated Fat

1.4 g · 9% of daily needs

Fibre

5 g · 20% of daily needs

Sugar

22.9 g · 25% of daily needs

Sodium

667 mg · 29% of daily needs

Cholesterol

46.1 mg · 15% of daily needs

Vitamin C

8.5 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/sephardic-beef-stew-148512](https://whatsheate.com/sephardic-beef-stew-148512)